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- List your cell phone number on the El Paso County early warning notification system. Register at [www.elpasoteller911.org](http://www.elpasoteller911.org)
- Build a 'faraday cage' (google it today to find out how) to protect valuable electronic equipment in case of an EMP.

Don't delay, act today!

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**You're On Your Own (YOYO) situation!**

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For more information, or to have presentation materials e-mailed to you to share with others in your network contact:

Commissioner Peggy Littleton at: [PeggyLittleton@ElPasoCo.com](mailto:PeggyLittleton@ElPasoCo.com) and go to [PeggyLittleton.org](http://PeggyLittleton.org)



## **Personal Preparedness when you are YOYO (You're On Your Own)**

(Remember: In an emergency, YOU are the first responder!)

### **Get a Kit!**

#### **Recommended Items to Include in a Basic 72 hour Emergency Supply Kit:**

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- ☐ Food, at least a three-day supply of non-perishable food.
- ☐ Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- ☐ Flashlight and extra batteries. (or one that can also be operated via handcrank)
- ☐ First aid kit.
- ☐ Whistle to signal for help.
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation.
- ☐ Wrench or pliers to turn off utilities.
- ☐ Can opener for food (if your kit contains canned food).
- ☐ Local maps.
- ☐ Cell phone and cell phone chargers
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. (Gallon Ziploc bags work well)

**Always be ready to have your wallet or purse with identification with you!**

#### **Additional Items to Consider Adding to an Emergency Supply Kit:**

- ☐ Prescription medications (30 day supply!) and glasses. Copies of your medical insurance or Medicare cards.
- ☐ Infant formula and diapers.
- ☐ Pet food and extra water for your pet.
- ☐ **Cash** or traveler's checks and change.
- ☐ Emergency reference material such as a first aid book.
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold weather climate.
- ☐ Complete change of clothing including a long-sleeve shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire extinguisher: ABC type.
- ☐ Matches in a waterproof container.
- ☐ Personal hygiene items and feminine supplies.
- ☐ Mess kits, paper cups, plates and plastic utensils, and paper towels.
- ☐ Paper and pencil/Thick black sharpie marker.
- ☐ Books, games, puzzles or other activities for children.

### **Make a Plan**

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

### **Be Informed!**

For Americans, preparedness must now account for man-made disasters (EMP, financial crisis) as well as natural ones. PeggyLittleton.org (find links to all the following websites and more tips on preparedness!)

[www.springsgov.com/Files/Preparedness%20Guide10\\_web.pdf](http://www.springsgov.com/Files/Preparedness%20Guide10_web.pdf) (has great detailed lists that are easy to use)

[www.readycolorado.com](http://www.readycolorado.com)

[www.ready.gov/america/getakit/index.html](http://www.ready.gov/america/getakit/index.html)

[www.quakekare.com/emergency-supplies-kits/survivalkits.html](http://www.quakekare.com/emergency-supplies-kits/survivalkits.html)

[www.first-aid-product.com/pgSurvival.htm?gclid=CKWq1ejEtqoCFQlrKgodqn6J5Q](http://www.first-aid-product.com/pgSurvival.htm?gclid=CKWq1ejEtqoCFQlrKgodqn6J5Q)



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[www.quakekare.com/emergency-supplies-kits/survivalkits.html](http://www.quakekare.com/emergency-supplies-kits/survivalkits.html)

[www.first-aid-product.com/pgSurvival.htm?gclid=CKWq1ejEtqoCFQLrKgodqn6J5Q](http://www.first-aid-product.com/pgSurvival.htm?gclid=CKWq1ejEtqoCFQLrKgodqn6J5Q)



## You're On Your Own (YOYO) Kits

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